

READY TO PULL THE PLUG ON E-CIGS?

If you have been using e-cigarettes as a way to quit traditional forms of tobacco, and now you find yourself stuck using both ... we can help you quit for good. A Quit Coach® staff member will work with you to create a plan designed specifically with your needs in mind. The plan will count on the same, proven behavior-change tactics that have helped people quit traditional forms of tobacco for almost 30 years. When you join the program, you may be eligible to receive 8 weeks of free NRT, which includes a choice of patch, gum, or lozenge.

www.quitlineiowa.org | **1.800.QUIT.NOW** (1.800.784.8669)



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control.

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